Figure 4.4. **My urge log.**

Date	Time	Rate 1-10	Length of urge	What triggered my urge?	Where/who was I with?	How I coped and my feelings about coping	Alternative activities, substitute behaviors
8/29	1:15	8	1 minute	Having lunch in winebar	Lisa and Stephanie	Told them; I forgot about it pretty fast	Avoid having lunch there